

Splendid Fruit Salad

Makes: 4 Servings

Ingredients

- 2** apples, medium (chopped)
- 1** banana (chopped)
- 1 package** yogurt, low-fat vanilla (6 ounces)
- 1/4 teaspoon** cinnamon
- 1 tablespoon** orange juice

Directions

1. Mix yogurt, cinnamon, and orange juice in a medium bowl.
2. Wash and chop the fruit and add to the yogurt mixture.
3. Stir and serve.

Source: Iowa Department of Public Health. Iowa Nutrition Network

Nutrition Information

Nutrients	Amount
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Calories	100
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	2 mg
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Sodium	29 mg
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Total Carbohydrate	23 g
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Dietary Fiber	3 g
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Total Sugars	17 g
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Added Sugars included	3 g
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Protein	4 g
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Vitamin D	0 IU
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Calcium	81 mg
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Iron	0 mg
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Potassium	289 mg
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N/A - data is not available

MyPlate Food Groups

 Fruits	1 cup
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